

## **Factors Related to Associated with Routine Visits of Hypertension Patients at Pauh Primary Health Center in 2023**

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### **Abstract**

*Hypertension is the main cause of death in the world WHO estimates that 22% in the world and 26.4% of people in Indonesia suffer from hypertension. Hypertension ranks first as a disease with the highest number of visits in the city of Padang. Pauh Health Center is ranked 3rd highest case of hypertension, but with the lowest visit 1%. The purpose of this study was to determine the factors associated with the routine visits of hypertensive patients at the Pauh Health Center. This type of research is quantitative by design cross sectional. The research was conducted at the Pauh Health Center in March - August 2023. The population in this study were hypertensive patients who visited the health center. The sampling method used accidental sampling obtained a sample of 65 respondents. The instrument in this study used a questionnaire. Data were analyzed univariately in the form of frequency distribution and bivariately using test Chi-Square. The results showed that 69.2% of respondents did not visit regularly, 56.9% of respondents did not work, 78.5% of respondents suffered from short (1-5 years), 50.8% of respondents received family support, 67.7% of respondents stated that the role of health workers was good. There is a relationship between employment status ( $p=0.006$ ), length of suffering ( $p=0.047$ ), family support ( $p=0.000$ ), role of health workers ( $p=0.023$ ) routine visits of hypertensive patients at the Pauh Health Center. It is known that there is a relationship between work status, length of suffering, family support and the role of health workers with routine visits to hypertensive patients. It is hoped that this research can be used as evaluation material through the person in charge of non-communicable disease Health Center to provide a visit recording card as a guideline for routine hypertension visits..*

**Keywords:** Hypertension, Routine Visits, Patients, Health Workers.

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## **INTRODUCTION**

Hypertension is the main cause of death worldwide WHO estimates that 22% of the world's population currently suffers from hypertension. Approximately 1.13 billion people worldwide suffer from hypertension, and the majority (two-thirds) live in low- and middle-income countries (WHO, 2021). The prevalence of hypertension in the world is around 972 million people or 26.4% of people who experience hypertension and are expected to

increase to 29.2% in 2030 (Riskesdas, 2018). Based on the 2021 Padang City Health Office Annual Report, among the 10 most common diseases in Padang City, hypertension ranks first as the disease with the highest number of visits. In 2021 the estimated number of people aged over 15 years who have hypertension is 162,979 people and 51,360 people get health services, 31.5% of this figure is far from the target of 100%. The health center with the highest number of visits by hypertensive patients was the

Seberang Padang Health Center 3.1% and the lowest is the Pauh Community Health Center, 1% (Padang City Health Office, 2021).

Based on the description above, there are several factors, namely the level of knowledge, length of suffering, family support and the role of health workers in routine visits to hypertensive patients to reduce the risk of complications due to hypertension. So researchers are interested in conducting research on "Factors Associated with Routine Visits of Hypertension Patients at the Pauh Health Center in 2023".

## METHOD

The type of research used is a quantitative approach cross sectional, data collection of independent variables (employment status, length of suffering, family support, role of health workers) and dependent variables (routine visits) were examined at the same time. This research was conducted at the Pauh Health Center. Research time from March to August 2023. Data collection starts from May 24 to June 17 2023. The population is the whole of the object under study or the object of research. The population in this study were all hypertensive patients who visited the Pauh Health Center with a total of 2,795 patients. According to Sugiyono (2016) a good sample is between 30-500 respondents. In this study, the samples to be taken were all hypertensive patients who were encountered during the 20-day study. The sampling technique used in this study is non probability sampling form accidental sampling, namely the method of determining the sample by taking respondents who happen to be available or available somewhere according to the research context (Notoatmodjo, 2014). The subjects interviewed as respondents were patients who were met or happened to be at the Pauh Health Center to check their blood pressure or treat hypertension.

## RESULTS AND DISCUSSION

Based on table 1 it is known that the characteristics of hypertensive patients at the Pauh Health Center who are respondents are the most age category  $\geq 61$  years as many as 27 respondents (41.5%), the most gender is female as many as 37 respondents (56.9%), and the most education ie SHS as many as 47 respondents (72.3%).

Table 1. Characteristics of Respondents

Characteristics	f	%
<b>Age</b>		
≤ 50 Year	13	20,0
51 - 60 Year	25	38,5
≥ 61 Year	27	41,5
<b>Gender</b>		
Man	28	43,1
Woman	37	56,9
<b>Education</b>		
ES	2	3,1
JHS	14	21,5
SHS	47	72,3
College	2	3,1
<b>Total</b>	<b>65</b>	<b>100,0</b>

Tabel 2. Distribution of frequency of routine visits, work Status, long suffered, Family support and Role of Health Workers.

Variable	f	%
<b>Routine Visits</b>		
Not Routine	45	69,2
Routine	20	30,8
<b>Work Status</b>		
Working	28	43,1
Not Working	37	56,9
<b>Long Suffered</b>		
Long (>10 Years)	14	21,5
Short (1-5 Years)	51	78,5
<b>Family support</b>		
Not Supported	32	49,2
Supported	33	50,8
<b>Role of Health Workers</b>		
Less Good	21	32,3
Good	44	67,7
<b>Total</b>	<b>65</b>	<b>100,0</b>

Based on table 2, it is known that of the 65 hypertensive patients at the Pauh Health Center, most of the visits were not routine, namely 45 (69.2%) respondents, is known most of them did not work, namely 37 (56.9%) respondents, it is known most of them suffer from short-term hypertension (1-5 years), namely 51 (78.5%) respondents, it is known most of them stated that they had family support, namely 33 (50.8%) respondents and the majority stated that the role of health workers was good, namely 44 (67.7%) respondents.

Table 3. Relationship between work status, long suffered, family support and role of health workers with Routine Visits

Variable	Routine Visits				OR (95% CI)	p value
	Not Routine		Routine			
	n	%	n	%		
<b>Work Status</b>						
Working	25	89,3	3	10,7	7,083 1,8-27,6	0,006
Not Working	20	54,1	17	45,9		
<b>Long Suffered</b>						
Long (>10 Years)	13	92,9	1	7,1	7,719 0,9-63,7	0,047
Short (1-5 Years)	32	62,7	19	37,3		
<b>Family Support</b>						
Not Supported	31	96,9	1	3,1	42,071 5,1-346,2	0,000
Supported	14	42,4	19	57,6		
<b>Role of Health Workers</b>						
Less Good	19	90,5	2	9,5	6,577 1,3-31,8	0,023
Good	26	59,1	18	40,9		

Based on table 3, proportion of respondents who did not routinely work was more numerous, namely 25 respondents (89.3%) compared to respondents who did not work, namely 20 respondents (54.1%). Based on test results Chi-square obtained P-value 0.006, it can be concluded that there is a significant relationship between employment status and routine visits. From the results of the analysis, the value of OR = 7.083 was obtained, meaning that patients who did not work had 7.083 chances to go routine compared to patients who worked.

The results of this study are similar to the research conducted by Dara (2020) which states that there is a relationship between employment status and adherence to treatment of hypertension sufferers of productive age with p-value 0.000.

Working people tend to have little or no time to visit health facilities. An important factor in routine visits for hypertension treatment is work because someone to go to health services requires time that does not conflict with working hours so that they are able to take time for treatment and do not interfere with the duration of their working hours and this is not shared by the majority of working hypertension patients. As for those who work in the non-formal sector (laborers/farmers and traders) are better able to take advantage of the time to take their medication on time because they are not bound by formal working hours (Notoatmodjo, 2014).

The researcher's assumption is that there is a relationship between work status and routine visits because work is an activity carried out by someone in order to earn income or make ends meet. Respondents who do not work tend to visit more routinely for treatment compared to respondents who work. This is because respondents who work are more busy so they don't have much time to go to the Puskesmas. Respondents who work also take medication not in accordance with doctor's recommendations for reasons of busy activities carried out every day so that respondents forget to take medication.

Based on the results of the study, it can be seen that the proportion of respondents who are not routine is more common in respondents with long suffering (> 5 years), namely 13 respondents (92.9%) compared to respondents with short suffering (1-5 years), namely 32 respondents. (62.7%). Based on test results Chi Square obtained P-value 0.047, it can be concluded that there is a significant relationship between the length of suffering and routine visits. From the results of the analysis, the value of OR = 7.719 was obtained, meaning that patients with a short duration of suffering (1-5 years) had 7.719 times the chance to go routine compared to long-term patients (> 5 years).

The results of this study are similar to a study conducted by Prihatin et al, (2020) which states that there is a relationship between the

length of time suffering from hypertension and compliance with hypertension treatment with p-value 0.005.

Long suffered from hypertension can lead to various complications of the disease. So that it can trigger an increase in blood pressure which increases with age, structural and functional changes in the peripheral vascular system are responsible for changes in blood pressure that occur in old age.

The researcher's assumptions, the results of the analysis are that hypertensive patients with a duration of > 5 years tend to be disobedient to routine visits due to fear of side effects or drug dependence and respondents feel bored and hopeless because there is no change in their condition which triggers a feeling of laziness to visit the puskesmas regularly continue treatment. Meanwhile, hypertensive patients who suffer from hypertension for 1-5 years are more compliant in treatment than patients who have suffered from hypertension for > 5 years. On the other hand, hypertensive patients who have hypertension > 5 years tend to have more experience in treatment that is not in accordance with patient expectations.

Based on the results of the study, it can be seen that the proportion of respondents who did not routinely was more numerous in respondents who stated that the family did not support, namely 31 respondents (96.9%) compared to those who supported, namely 14 respondents (42.4%). Based on test results Chi-square obtained P-value 0.000, it can be concluded that there is a significant relationship between family support and routine visits. From the results of the analysis, the value of OR = 42.071 was obtained, meaning that patients who stated that their family supported them had a 42.071 chance of going routine compared to those who did not support them.

The results of this study are similar to research conducted by Parinussa et al (2019) which state that there is a relationship between family support and prolans visits with p-value 0.001.

In accordance with the results of research by Rasajati (2019), which stated that respondents (sufferers hypertension) who have family support tend to be more obedient in carrying out treatment compared to respondents who do not have family support, especially appreciation support is the main support because hypertensive patients in addition to getting help also receive appreciation

from the family for their ability to maintain their health. But other forms of family support are also very important for hypertensive patients. The family plays an important role in preventing or improving the health problems experienced by family members. The family is also the main support system for prolans participants to maintain their health.

The researcher's assumption is that respondents who have good family support tend to adhere to hypertension treatment compared to respondents who have less family support. Respondents with good family support tend to adhere to hypertension treatment because the family always pays attention and shows concern, such as reminding respondents to check their blood pressure at the health center and take medication according to schedule and accompanying respondents if they cannot check their own health to the health center or to pick up prescription drugs when they run out. In addition, the family also provides informative support, namely providing or conveying information about the importance of having blood pressure checked so that blood pressure is under control. Respondents who have less support from their families tend to be disobedient undergoing treatment for hypertension. Based on the results of the interviews, respondents stated that the family paid little attention to their condition because both of them had busy lives, so they forgot to remind them to take their medication or check their blood pressure at the health center. Even so, there are still respondents who have less family support with decisions to adhere to hypertension treatment. This is because the respondent is clear in knowing the dangers of not taking medication regularly and having their blood pressure checked at the health center regularly, but in this case the respondent has the confidence to recover.

Based on the results of the study, it can be seen that the proportion of respondents who did not routinely was more numerous in respondents who stated that the role of health workers was not good, namely 19 respondents (90.5%) compared to good, namely 26 respondents (59.1%). Based on test results Chi-square obtained P-value 0.023, it can be concluded that there is a significant relationship between the role of health workers and routine visits. From the results of the analysis, the value of OR = 6.577 was obtained, meaning that patients who stated that the role of health workers was good had a 6.577 chance of

being routine compared to those who were not good.

The results of this study are similar to research conducted by Wulandari (2019) which states that there is a significant relationship between the role of health workers and compliance hypertensive patients with P-value 0.000.

Health status is influenced by one of the behavioral factors, where the behavior of hypertensive patients in this study is not affected by the social environment (external factors), namely the role of health workers. Patients who receive counseling from health workers know the impact or danger if they do not comply with the treatment they are undergoing because to maximize adherence in successful therapy, patients must involve two-way communication and interaction between patients and health workers (RI Ministry of Health, 2022).

The assumption of the researchers is that most of the respondents stated that the role of health workers is good because of the role of health workers in providing friendly services and treating them promptly so as to lead to positive behavior for hypertensive patients. Respondents who visited regularly stated that the role of high-level health workers was more. However, of the many patients who stated that the role of health workers was good, they did not routinely visit the health center, this was because patients often forgot the time for their next visit because during treatment they were only told by the doctor that the patient had to check their blood pressure again and be treated for another 2 weeks. Therefore it would be nice for the patient to be given a handbook in the form of notes on when the next visit will be so that the patient does not forget and will visit the health center.

## CONCLUSION

There is a significant relationship between employment status, length of suffering, family support and the role of health workers with routine visits of hypertensive patients at the Pauh Health Center in 2023 ( $P < 0.005$ ).

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